

City of Torrance

5-0 and on the go!
Promoting fitness, fun, and friendships

OCTOBER 2020 SPECIAL EDITION

NEW LOCATION

FREE FLU SHOTS

Co-sponsored by the LA County Department of Health



TOYOTA MEETING HALL

**3300 Civic Center Drive,
Torrance**



TUESDAY • OCTOBER 27, 2020
10:00 a.m. – 12:00 noon



✓ **CALL 310/320-5918
FOR AN APPOINTMENT**

- **MASKS are Required**
- **Social Distancing 6ft enforced**

City of Torrance Community Services Department • Recreation Services Division
3031 Torrance Blvd. Torrance, CA 90503
310/618-2930 www.Recreation.TorranceCA.Gov

"Creating and Enriching the Community through People, Programs and Partnerships"



Printed on Recycled Paper

The health and safety of our residents and visitors is our highest priority, and the City of Torrance is striving to provide service while following local, state, and federal guidelines for preventing the spread of COVID-19. Therefore, the Bartlett and Tillim Senior Centers will be closed until further notice, and our senior citizens programs offered at the Russ Nolte Annex, Ken Miller Recreation Center, and Walteria Park are canceled.

We are disappointed that we have had to make these difficult decisions and we will reassess their status on a weekly basis. We will also continue to monitor COVID-19 and its effect on the public closely to make the best informed decisions.

We thank everyone for their patience, support and understanding - we look forward to welcoming our seniors back soon.



For information about resources for seniors or if you have any questions about what Torrance is doing for seniors, call the ***Senior CoVid-19 Info Hotline*** at 310-320-5918

GoldenTALK - 24hr Senior Chatline

(888) 60-GOLDEN OR (888) 604-6533



GoldenTALK is a chat and crisis line for Older Adults who are 60 years of age and older. The chat line assists senior facing social isolation through warm conversations and also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis.



Torrance-South Bay Family YMCA

(310) 602-4883 Shirley or (310) 602-4909 msg

Due to social distancing, dine-in meals are not currently available.

The YMCA is providing frozen meals for those 60 years+ and over.



**MEALS
ON WHEELS**

Serving Torrance and Lomita, California

Torrance-Lomita Meals on Wheels

(310) 542-3434 [www:TLMOW.org](http://www.TLMOW.org)

Due to the new realities of our world, Torrance-Lomita Meals on Wheels has temporarily modified our meal delivery program. We now deliver five days of frozen meals on Mondays.



Re-imagine Recreation!



Staying active may seem difficult while social distancing, but a little distance can go a long way. Physical activity can help to boost your mood, reduce stress, improve sleep, and sharpen your Focus - benefits that can be especially important during stressful times. Discover how to stay active with our Virtual Recreation Center and Resources.

Explore the Virtual Recreation Center now at:
www.TorranceCA.gov/Services/Virtual-Recreation



ZOOM

Are you interested in learning how to ZOOM? ZOOM is a free service connecting people using one's own SMART PHONE or computer.

Staff are exploring ways to reach seniors using ZOOM through a variety of interactive programs.

2 PRACTICE SESSIONS

Wednesdays October 21 & October 28

10:00 a.m.



Note: You must have internet access and use your Smart Phone, Computer, or I -Pad to get onto ZOOM.

Call Bartlett Center to find out more information Monday - Friday

9:00a.m. - 4:00p.m. (310) 320-5918. Staff can help you ZOOM!



When there is an emergency, get the information first with **TorranceAlerts**, the City of Torrance early warning notification system.

TorranceAlerts is our mass emergency notification system that enables you to receive early warning notifications concerning emergency events such as an earthquake, fire, public health emergency or similar situation. A **TorranceAlert** will be sent when the City is informing you of a "call to action," such as evacuate, avoid, shelter, etc. to your telephone, email, and/or text. You can also download the app to receive notifications.

Individuals with disabilities who need assistance registering for **TorranceAlerts** may call the Interactive Communications Office at 310.618.5762 during regular business hours: Monday – Thursday and alternate Fridays, 8:00a.m. to 5:00p.m. or email us at TorranceAlerts@TorranceCA.Gov

Great Plates Delivered

Great Plates Delivered is designed to support adults 65 and older and adults 60-64 who are at high-risk from COVID-19, in staying home and staying healthy by delivering a maximum of three (3) nutritious meals a day, and also provide essential economic stimulus to local businesses and workers struggling to stay afloat during the COVID crisis.

Will I be charged for meals delivered?

No, meals are delivered free of charge through this program.

How many meals may be delivered per day?

Each individual is allowed a maximum of three (3) nutritious meals per day.

How can I enroll into the program if I believe I qualify?

To enroll call 2-1-1 - Operators are available to help you enroll in Great Plates Delivered.



Free COVID-19 Testing for Residents of Los Angeles County

- The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to **ALL** Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms. Priority for the same or next day testing is still given to people with symptoms, such as fever, cough, shortness of breath, chills, muscle pain, headaches, sore throat, or a new loss of sense of smell. Testing is by appointment only.
- To confirm eligibility and testing appointment availability, go to: Coronavirus.LACity.org/Testing
- Residents of LA County without internet access can call 2-1-1, where operators can assist with online registration to determine eligibility and appointment details.
- For more information, please visit the Los Angeles County Department of Public Health website: <http://publichealth.lacounty.gov/media/coronavirus/>



Cyber-Seniors' mission is to bridge the digital divide and connect generations through technology. It does so through the development and dissemination of resources that enable community organizations to provide tech-training for senior citizens using an intergenerational, youth volunteer model. Youth are provided with lessons and learning activities to train them to act as digital mentors, and senior citizens gain access to effective technology training and intergenerational communities that keep them socially connected and engaged. If you are a Senior Citizen looking for tech help, call us toll-free at 844-217-3057.



CitiCable Presents: COVID-19 Today

Monday to Thursday at 4 p.m.

Friday to Sunday at 2 p.m.

Catch Torrance CitiCable's newest program "COVID-19 today" and get daily live updates on the Coronavirus health crisis and its impact here in Torrance.

EXERCISE



Official Sit and Be Fit

<https://www.youtube.com/user/SitandBeFitTVSHOW/videos>

Official Jazzercise

<https://www.youtube.com/c/JazzerciseInc/videos>

BeachTV Yoga

<https://www.youtube.com/playlist?list=PL1POu-XNKt4lQjw-18xEfLGY-cxnyaQP>

BeachTV Tai Chi

[https://www.youtube.com/playlist?list=PL1POu-XNKt4nKXME08IM\\$Wk\\$ho6UiasuZE](https://www.youtube.com/playlist?list=PL1POu-XNKt4nKXME08IMWkho6UiasuZE)



Lap Swim at the Torrance Plunge



Reservations are first come, first serve. Create an account through *Sign-Up Genius*. Reservations will post weekly at 10:00 am, every Monday for the following week. *Limit of 3 swims per week. Waiver is required for entry.*

To obtain a **SIGN UP GENIUS** account: Type this link into your browser:

<https://www.signupgenius.com/>

How to register for a **LAP SWIM TIME** slot: Type this link into your browser:

<https://www.signupgenius.com/go/904044ca5ae2fabff2-torrance>

Need help getting registering for *Sign Up Genius*?

Type this link into your browser for instructions!

<https://www.torranceca.gov/home/showdocument?id=61214>



SENIORS Torrance Certified Farmers' Market



Fresh * Healthy *

California locally grown fruits and vegetables

Seniors have early access hours

CURBSIDE PICKUP

By request call (310) 781-7520

Farmer's Market vendors accept EBT

What's Cooking?

Here's a Super Easy pasta salad for a busy evening!

Pasta Salad

- 1 package Bow tie pasta 16 oz
- 1 bottle Italian dressing
- 2 chopped cucumbers
- 6 chopped tomatoes
- 1 bunch chopped green onions
- 4 oz grated parmesan cheese
- 1 tablespoon Italian seasoning



1. Cook pasta according to directions for al dente
 2. Rinse under cold water
 3. Place in a large bowl
 4. In a separate bowl, mix parmesan cheese & Italian seasoning
 5. Gently fold into pasta salad
 6. Cover & refrigerate
- Makes 8 cups
Bon Appetit & Enjoy!

FRIENDSHIP LINE

(800) 971-0016



“Our connection to others
is what binds us to life”

Are you feeling lonely, isolated or depressed?

“I feel lonely. Can I talk to you?”

Institute on Aging’s 24 hour toll-free **Friendship Line** is the only accredited crisis line in the country for people age 60 years and older, and adults living with disabilities. On-going outreach calls are made to lonely older adults. Trained volunteers specialize in offering a caring ear and having a friendly conversation. The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency support calls.





**CITY OF
TORRANCE**

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